



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — July 2008

TOMRV 2008 A Big Success

By Doug Truesdell

This year 1,454 riders signed up for Tour of the Mississippi River Valley (TOMRV). Riding was at times challenging, but cyclists are hardy, and nearly all enjoyed the challenges.

The banquet probably was the best ever. The Cedar Island Band returned and made a great evening. And it was a safe tour, with no severe accidents.

Ride Conditions

Saturday was a beautiful riding day with pleasant temperatures and a brisk wind from the south that helped us along our way to Dubuque. A thunderstorm swept south of Dubuque in the late afternoon, catching a few and presaging what was to come. Sunday was difficult, even for TOMRV. Storms hammered the route between Preston and Dubuque most of the morning.

Most riders were soaked at least once, but few were deterred in getting as far as Preston. The one blessing in the storms was that the south wind was broken up, and at times it even blew from the north.

Aided by that wind, speeds of 35-40mph were clocked by riders on the downgrades of Z20 as they rode toward Preston.

At times, these winds became more challenging than the rain. As they approached Preston, several riders were caught in a large gust front that lasted for minutes and nearly swept them off the road.

Once in Preston, riders planning to go on to Scott hunkered in the park shelters to warm up and wait for better conditions. The Preston Lions, hearing that many riders were considering finding a ride to Scott, offered a bus for transport. One of the TOMRV trucks was loaded with 60 bicycles, and as many cyclists rode the Preston bus into Scott. Others found other rides back to Scott.

The remaining Scott riders were prepared for the worst, but the weather relented. In the afternoon, the storms let up and temps returned to the 80s. The wind shifted too, becoming sometimes south/east and sometimes north.

Rider Spirit

Despite the challenging conditions, nearly every rider I talked to was having a good time. And isn't it just human nature; conquering a challenge is immensely satisfying. We won't remember 99 hours of casual riding on the bike trail as much as one hour struggling with adverse conditions.

One rider commented on feeling in control descending 40mph in the rain on Sunday, after the experience gained road riding on Saturday. That sounds like new skills are being

Evening at Dubuque

The banquet probably was the best it has ever been, just everything one could ask for after a tough day on the road. The beer garden was moved into the Atrium, because of the rain-saturated ground. The Cedar Island Band returned to play, and many riders stayed long to relax. It was a great evening. By the time I turned in, the long miles were forgotten. New skills learned and new opportunities opening up.



Left to right: Greg Driscoll, George Coin and Adam Palmer. Greg and Adam are members of the Hawkeye Bike Cedar Rapids, and George is a member of QCBC.

TOMRV cont. on Page 3

Key Contacts

Officers:

President - Phil Schubbe (563) 359-5057 or pshubbe@aol.com
 Vice President –
 Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
 Treasurer – Darlene Moritz (563) 386-3499 or dmoritz@access.net

Quad Cities Bicycle Club
P.O. Box 3575
Davenport, IA 52808
<http://www.qcbc.org>

Board Members:

Denise Deuthman (563) 441-0131	Ken Urban (563) 326-3427	Charles Curry (309)797-9283
Donnie Miller (309) 737-8270	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-3422
Terry Burke (309) 797-3790	John Harrington (563) 940-6023	John Wessel (563) 359-8350

Key Contacts: A complete listing of committee chairmen and key contacts is available on the club’s web site and in the front of the hard copy ride schedule and membership directory booklet.

Mission Statement: To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

Club Meetings: Are held twice a year at 7 p.m. on the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or pshubbe@aol.com.

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please try to limit your article to 1 page in length. Email to: qbceditor@yahoo.com or send to: Jackie Chesser, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page - \$50, and a full page - \$100.

Major Activities of the Club Include: Tailwind Century in May, Criterium Bike Races on Memorial Day, Tour of the Mississippi River (TOMRV) in June, charter bus service on RAGBRAI in July, Du-State-Du Duathlon in August, Heartland Century in September and our Annual Dinner in November.

Benefits of Being a Club Member Include: 12 issues of Pedalwheeling per year, annual issue of Ride Schedule and Membership Directory booklet, 10% discount at QC area bike shops, ability to use LAB “Bikes Fly Free” program on selected airlines and discounts on TOMRV and Heartland Century registration fees.

Affiliated With:



<http://www.iowabicyclecoalition.org>



<http://www.bikeleague.org/>



<http://www.bikelib.org/>

Bike ride to benefit Fellowship of Christian Farmers International

The 10th annual Pedaling for Kicks bicycle ride to benefit the Fellowship of Christian Farmers, International will be held Saturday, July 12. Last year’s ride drew more than 400 cyclists from around the state.

This year’s ride will leave from East White Oak Bible Church in rural Bloomington/Normal and feature six distance routes - a 10- and 20-mile family route, and rides of 25, 40, 50 and 67 miles. All routes include free food stops.

Routes have been designed to include roads along the scenic Mackinaw River Valley, Lake Bloomington and Lake Evergreen.

The two family routes will feature a food and rest stop at Comlara Park at Lake Evergreen. The family routes are \$20 and includes all children and up to two adults, with free snow cones and activities for the kids after the ride. All other routes are \$20.

Ride support vehicles will be available to assist riders. An optional post-ride meal will be served at the church, where the ride ends.

Ride applications are available at www.fcfi.org or by calling (800) 676-2353. Riders can register the day of the ride beginning at 5:30 a.m. at the church.

TOMRV cont. from Page 1

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Rider safety and accidents

There were no reported car-bicycle accidents. I'm always thankful when we have another year without a car accident. Rider etiquette was very good this year. I never saw a case of cyclists impeding cars by riding abreast or with echelons. That considerate riding style makes an impression with motorists, and makes tour riding better for the riders after us.

Bike Repair

This year, we contracted with several shops and individuals to provide repair support on the ride. I will name them individually, recognizing that the shops are making a commitment to the cycling sport when they assist with large public event.

Errol McCollum, retired partner of the QC shop On Two Wheels, supported the route on Saturday.

A two-man team of Sean Walker and Nate Kullbom ran a second support vehicle on Saturday. Nate is the Bicycle Service Shop Manager at Scheels in Coralville, and Sean works with Nate.

A four-man team from Free Flight in Dubuque provided support at Clarke and then supported the route on Sunday down to Preston.

Randy Hendricks of Bike World in Iowa City provided route support on the whole length on Sunday.

Volunteers

There were 95 volunteers helping on TOMRV this year. Many of these volunteers come back year after year. They find it satisfying to get together for a really cool weekend event and to help you cyclists on your way. Most are members of the QCBC, while some are friends of members. This year we also had help from some Dubuque club cyclists. Thank-you to you volunteers, because there cannot be a tour without your dedication.

Marty Adams
Ginnie0 Alftine
Dave Alftine
Bill Allen
Dean Arney
Dennie Baber
Karen Baber
Don Barchman
Linda Barchman
Pat Bolton
Tom Bolton
Jeanie Bothel
Cindy Bottrell
Keith Brick
Michelle Carl
Mike Carl
Jackie Chesser
Dave Cinotto
Charles Curry
Jim Dayton
Sue Dayton
Marion DePover
Larry DePover
Chuck deProsse
Barb Donald
Gordon Fordyce
Bill Fritch
Charry Fritch

Jim Gale
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Luan Gault
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Karen Grimm
Jim Hanson
Bob Hogan
Martha Jirus
Richard Jirus
Gary Jones
Betty Kadlec
Jim Karr
Steve Knodell
Krissy Langan
Pegi Langan
Kevin Langan
Bill Langan
Bryant Langan
Al Lasek
Dave LeFever
Audrey Mabis
Erryl Mendenhall
Darlene Moritz
Mike Moritz
Alice Muma
Jerry Neff
Darlene Neff
Doug Nelson

Diana Nessler
Vivian Norton
James Olson
Sandy Olson
Deb Phillips
Warren Power
Dodie Robers
Dennis Rose
Cindy Scheibelhut
Paul Scheibelhut
Merle Schleusener
Phil Schubbe
Sharon Sizemore
Janice Sonnevile
Lou Sonnevile
Kathy Storm
Bill Sturgeon
Bonnie Sturgeon
Paul Sullivan
Kat Swanson
Scott Swanson
Judy Teeple
Bob Thompson
Janet Treftz-Allen
Doug Truesdell
Karen Truesdell
Nick Urbain
Jim Wadle

David Weckel
Kat Weeks
George Wells
Norma Westbrock
Dottie Willits

GOATS volunteers (Galena)

Greg
Sarah
Laura
Joyce
Tammy Triblen
Allan Triblen





Cornbelt Running Club
www.cornbelt.org



Quad City Bicycle Club
www.qcbc.org

Sunday, August 17, 2008 at 8:00AM in the Loud Thunder Forest Preserve

2 mile Run + 14 mile Bike + 2 mile Run Duathlon

Post Race Picnic, we furnish hamburgers, salads and soft drinks – dessert potluck

Register Online at GetMeRegistered.com

Race Director is Marta Verschoore (309)756-0751 or email Runfaster40@mchsi.com

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Approved Helmets are required for the bicycle portion of the event!

\$50 prize money to overall male/female winners

Awards to top three in each age group and division

Age Group Division, Male

24 & Under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Age Group Division, Female

29 & under, 30-34, 35-39, 40-44, 45-49, 50-54, 55+

Fat Tire Division, Male

Fat tire is a tire width over 1.90 inches

Fat Tire Division, Female

Male Team Division

Mixed Team Division

Female Team Division

Teams are 2 persons, One runner and One Biker; applications must be submitted together, with name of teammate on each

Race Day registration and number pickup 6AM – 7:30AM (Pre-registration ends 8/12/08)

Loud Thunder Forest Preserve is located off Route 92, about 5 miles southwest of Andalusia, Il. From Interstate 280, take the Route 92 exit west. Follow 92 thru Andalusia to Loud Thunder (right turn at top of hill). Follow Loud Thunder Road west, past the lake. At the top of the hill, follow the signs to the Horse Corral (race headquarters and start). Camping is available (about \$10 fee)—arrive early on Saturday to obtain the best camping spots. Race results will be available at www.cornbelt.org after the event.

Name _____ Age (8/17/08) _____ Birthdate (mm/dd/yy) _____

Address _____ City _____ State _____ Zip _____ Phone _____

Circle club membership: CBRC QCBC none Circle: Male Female

Circle one: Individual Du Fat Tire Male Team Female Team Mixed Team

Teammate's Name _____ Team Name _____

Entry Fee per person:

Early registration entry fee is \$29.00. Registration after 8/12/08 is \$34

CBRC and QCBC members receive a \$2.00 Discount

Entry Fee Enclosed \$ _____

WAIVER: I know that running/biking a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants and their equipment, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Cornbelt Running Club, Quad Cities Bicycle Club, County of Rock Island, Loud Thunder Forest Preserve, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____ Date _____ Parent Signature if under 18 _____

Make checks payable to: Du State Du

Mail to: Cornbelt Running Club, 315 E. George Washington Blvd., Davenport, IA 52803



**Biking to work has advantages,
but really not practical**

By Scott Swanson

Bike to Work Week motivated me to follow the wheel of my friend Dave Thompson on the path to work.

He's done the route more times than I can count, I'm sure. My schedule allowed it, and I couldn't scrape up any other decent excuse not to. I googled the distance and the basic route. The rest would be an adventure.

I fitted the Zinn with my old Mavic Cosmos wheelset (with the clicking rear wheel; many of you have asked me during rides to check it. One reason is the occasional popped rim eyelet. Other than that, I think the wheel is possessed, or at least demonstrative).

As I started down 1st Avenue in Silvis, it felt weird riding a freewheel again after riding the fixie, like "What happened? I'm disconnected!" But me and the Z started to flow.

I picked my way through the back streets and main avenues of East Moline to get to the Ben Butterworth path, where I found mud, mud and more mud. Lovely.

Then there was urban Moline, where I negotiated the road furniture until Sylvan Island. From there, it was mostly industrial until I made it to the Arsenal bridge.

On the Iowa side, well, more industrial until the other side of the East Village. It got pretty for a while until the section before the Isle of Capri. A climb over the connector bridge got me to 18th Street.

Central Avenue and 23rd got me to the Bettendorf path and over to Devil's Glen, my hill work for the day. Then I took my life into my own hands and hit Middle Road to Belmont. There is no other way. Eighteen and half miles, about hour and 20.

Headwind on the Illinois side, tailwind on the Iowa side. The return trip was ten minutes faster.

Have I become an avowed cylco-commuter? Nope, sorry, can't say that I have. Too many other pragmatic issues, like clothing and showers and evening classes and riding home in the dark. And the route is not exactly aesthetically pleasing.

However, I now know that I can, which is a step in the right direction.

Women's 2007 TOMRV jersey for sale

For Sale - Women's Medium Sleeveless TOMRV 2007 jersey. Worn once. Made by Voler. Original price \$63. Sale price \$25. Contact Kathy Storm at 563-355-2564 or kbstorm@aol.com.

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Pushing for Pedaling

Promoting bicycling advocacy
By Chuck Oestreich

The Grand Illinois Trail And Parks seven-day bicycle ride had everything going for it – except the flood.

After spending two days camping at Mississippi Palisades State Park near Savanna (and doing the wonderful hills in this “Illinois Alps” country), the ride’s 160 participants from 20 states and two foreign countries were to take a scenic and flat ride on the Great River Trail from Savanna to Rock Island. The itinerary called for another two-day layover at Augustana College.

That was the plan - for whoever thought of a major flood in the middle of June, especially since we had had a pretty good one earlier in the year. But you know what happened. The crest hit the Quad-Cities on a Monday night and we were set to do the trail on Wednesday.

Needless to say, Tuesday was a busy day. We scouted and scoured the trail, searched out detours, remarked the route, and printed up revised cue sheets.

The new part of the trail just south of Savanna had a 200-foot section that had been under water two days before, but it was clear (but dirty) Wednesday morning.

It was clear all the way to just south of Fulton. The levee path was blocked – major pumping going on over it. Off we went to Ill. 84.

Soon after that we met another detour. The roads just north of Albany were flooded, probably because of the rain rather than the river. One of these roads is gravel, so a smooth ride on the highway compensated a little for the extra traffic.

After the Albany Mounds, the roadside path took us through Cordova and Port Byron, although our sag/refreshment stop at the gazebo in Cordova was inches away from the flood waters. Riders had no trouble dipping their wheels in genuine Mississippi River flood water.

The entrance to Rapids City was blocked and a big pond of water covered the trail in Hampton's Illiniwek Park. Because of the Ben Butterworth Trail being flooded, we elected to continue on a series of East Moline and Moline roads and streets that were fairly busy and certainly not scenic. But they took us to the i-wireless Center and then into the beautiful Augie campus.

Thursday was a day off. Riders could do a century to the south of Moline and Rock Island, could enjoy some of the trails, our streets, and our community in many possible variations, or they could do nothing. Many elected to do each.

Jeff Cozad, one of the QCBC riders on the trip, led a large group to Davenport and the Duck Creek Trail. Dean Mathais and Dave Cinotto also helped riders explore the area. The Centennial Bridge, with its overhead view of the flood was a popular stop. Even though they caught us with our trails down, the consensus was that the Quad-Cities is still a neat place to visit and bike.

Leaving the Quad-Cities presented a dilemma. We could reverse the previous entrance with its riverfront detour, but a rush hour Friday morning didn't work. That's when the Metro Map came to the rescue. It shows a good biking route from 5th Avenue in Moline all the way to the Ill. 84 bridge across the Rock River.

We used Kennedy Drive to the John Deere Parkway (just to the north of the Expressway). It turns into Coaltown Road which leads to Friendship Farm Road and the highway to Colona. From there, the riders met up with the Hennepin Canal Trail and were off to Geneseo, Erie and Morrison/Rockwood State Park.

Our exit was uneventful, with no one getting lost, hurt, or suffering traffic rage. That, and the previous time in the Quad-Cities left a good feeling in the memories of the riders. They didn't see us at our best, but they saw enough to admire our communities and our biking resources.



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August Camp-Out Ride August 23-24

By Darlene Moritz

The request was made for the Thomson campout in October. This tends to be cooler.

We will ride the Great River Trail in Illinois again. Destination will be the Thomson Causeway, Thomson, Ill. on Saturday, Oct. 27, returning, Sunday, Oct 28.

You will need to make reservations with Darlene Moritz at (563)386-3499 or dmoritz@access.net. I need to know if you are camping or staying in the Hotels in Savanna.

Cars can be left just east of the Captain's Table boat landing in Moline. Riders, their families and guests are welcome to camp or stay at Savanna's Super 8 (815) 273-2288 or L&M Motel (815) 273-7728, Savanna. Showers are available for campers, who are responsible for their own camping fee. Tent sites are \$10 and four people are allowed per site. There also are RV sites for slightly more.

We will have a bonfire and most of us will cook out at the campground Saturday night. Bring tents, sleeping bags, camp chairs, food and drinks to near the east end of the Ben Butterworth Parkway where they will be loaded in a van that will take everything to the campground we're staying at. The van will be loaded from 8:30 to 9 a.m. Saturday.

On the way, there are several small towns where we can get breakfast, lunch, or whatever you need. The route to Thomson is 65 miles.

Don't miss the fun. For more information, and/or to make your reservations, contact Darlene Moritz at (563)386-3499 or dmoritz@access.net.

RAGBRAI buses to leave from mall lot

Buses for Ragbrai riders will leave at 7 a.m. Saturday, July 19, from the parking lot at NorthPark Mall in Davenport.

Leisure Rides are Alive and Well

By Vivian Norton

Leisure ride articles have been absent for an issue but that doesn't mean there haven't been Leisure Rides. Nine riders joined the ride leader for the first ride of the year. Since then, ride participation has increased each week. There were nine on the first ride and 14 on the next ride.

Ride leader so far have been Joe and Barb Welsch, Bonnie Gesling, Jim Dayton, Chet and Kathy Doyle, Dottie Willits, Dodie Roberts, Mike Middlemiss, Vivian Norton and Joy Duex. Joy had the distinction of the shortest, actually, non-existent ride. Joy, Jim Ulmer and Vivian Norton turned down the chance to ride in the rain and saved energy for a nicer day. Leaders signed up for later this summer: Doug Nelson, Dean Arney, Doug Stephens, Kaye and Carter LeBeau, Terry Burke and Bob Milligan.

Dottie Willits had the "comedy ride." Actually, it didn't seem like a comedy until a week later. Chet Doyle offered to ride sweep for a ride from Colona to Geneseo. Being a conscientious sweep, he stayed for "someone" who was thought to be, but wasn't, in the porta potty at the Hennepin Canal. When Chet realized that the "someone" wasn't there, he quickly made his way to Geneseo by a shortcut.

Chet's loving wife, concerned that Chet wasn't with the group, decided to go back to ride with him. Dodie Roberts and Bob Milligan went with her.

Later at the restaurant, Dodie met the group and asked "Where's Chet?" Then Bob arrived and asked "Where's Chet?" The whole group then wondered where Chet and Kathy were. Then who should show up but Chet. He had been the first one at the restaurant. Well, all's well that ends well. Just another crazy leisure ride. At least we always, eventually, find our riders. A lesson learned: always stop and regroup at corners.

The following have been on Leisure Rides this year: Terry Grabosch, Dick Wolbers, Janice Reynolds, Kathy Doyle, Chet Doyle, Bob Milligan, Don Hamer, Ken Boquist, Joy Duex, Joan Doxas, Dottie Willits, Cheryl Lafferty, John Imgrund, Barney Young, Vivian Norton, Becky Perry, Jerry Kruse, Ricardo Campos, George Van Thorre, Dean Arney, Jerry Sears, Gary Jones, Gary Christensen, Mark Schroeder, Phil Haan, Gregg Livermore, Bruce Perry, Denise Daythmen, Jean DeBolt, Nick Bolt, Joe Walsch, Barbara Welsch, Barb Donald, Sharon Lavell, Jeffery Glasen, Dan DeMay, Carrel Sagon.

Wow 23—Women on Wheels Tailwind Ride

A tale of three women on a search for good biking, meals and hot tubs

By Jan Sears

Watching the Flooded Rivers

Day 1- May 4, 68 Miles

We left Pat's house at 7:45, after some adjustments on Pat's bike rack. Due to the Mississippi River flooding we are forced to take the Centennial Bridge to Illinois. We then took Ill. 92 through Rock Island, Moline and East Moline. Our breakfast stop is the Maid-Rite in Moline. We were pleased that Barstow Road was open after Rock River flooding. We then rode on Old Ill. 2 through Hillsdale and Erie. At Prophetstown, we had a great lunch. Our goal was Rock Falls and the Country Inn and Suites where we enjoyed a nice soak in the hot tub – that makes it all worth while! Dinner was next door at the Candlelight Inn.

Rolling Hills & Woodlands

Day 2 - May 5, 65 miles

After a wonderful breakfast at the Country Inn we were "on the road" by 7:11. We took the Old John Deere Ride route to Dixon and a Casey's stop. After leaving on Rt 2, we continued east on Lost Nation Road & Flag Road. There were no food stops out there, so we had a picnic alongside the road. Cold chicken (left from Jan's dinner last night) and cheese sticks are the lunch fare. At Rochelle, we had lunch at the Sunrise Restaurant. Leaving Rochelle, we took Rt 38 until Creston. We dropped down to the South Malta Road which took us into Dekalb. After following several bike paths, we got super directions to the Country Inn & Suites in Sycamore. We again enjoyed the hot tub and pool. Supper was at Cabana Charley's Tiki Bar and Grill.

Wisconsin – Here we come

Day 3 - May 6, 66 miles

We were treated to another great breakfast at the Country Inn and were on the road by 7. The great country roads took us to Kingston and a Casey's stop, then on to Belvidere and Poplar Grove where we got onto the Long Prairie Bike Trail to Capron. Our lunch was at the Village Café in Capron. We entered Wisconsin at Sharon and found county "c" to "z", through Darien, Delevan and Elkhorn. The AmericInn in Elkhorn is our home for the night. It's "Pizza Night" as there were not restaurants by our Inn. We enjoyed another soak in the hot tub which helps relieve sore tired legs.



From left are Gail Overbeck, Jan Sears and Pat Bolton

The Dry Short Day

Day 4— May 7, 30 miles

With age comes wisdom. We did not start riding in the rain! At 7, the rain began, so we went back to sleep, and by check-out time at 11, the roads were dry. It was a short ride to Elkhorn for an early lunch at the "Café". We found some great county roads that took us through Tibbets, Abells Corner, Honey Creek and Rochester. Our motel was the AmericInn in Burlington, where we did some water aerobics to make up for the short day. Supper was at the Cotton Pickers Restaurant across the street. We rated it a 10 and best of the week.

The Best Wind Day

Day 5— May 8, 68 miles

Another beautiful day, and we are off by 7 after our waffle breakfast. We took Rt 36 through Lyons, Springfield and beautiful Lake Geneva. WOW what a beautiful ride along South Shore Drive. We then took Rt BB to Walworth, then on to Rt 67 to Sharon, where we had Wisconsin's best Swedish Pancakes. We then rode on Burr Oak Road back to the Long Prairie bike trail. We rode the bike trail until the pavement ended, then on to county 25 past Rock Cut State Park. Home for the night was the Holiday Inn Express in Rockford. We rated the Holiday Inn a 10. Supper was delivered by RBI's. We again enjoyed a hot tub soak.

We feel very blessed to have had such a great five days – no flats, no bike problems, no riding in the rain, and great tailwinds. A total of 297 miles! Pretty good for a group of women with the average age of 62 years. Thank you to Jerry Sears for driving up to Rockford to pick us up.

July 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Tue Jul 1	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restau- rant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Jul 2	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Jul 3	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Jul 5	8:00 AM	20 miles 10-13 mph	State Street Trail Head (Riverdale/Bettendorf line)	Vivian Norton (563) 355-1899	Saturday Morning Ride – Leisure Ride from Bettendorf to Le Claire. See the shops and have rest stop.
Sat Jul 5	8:00 AM	40+ miles 14-16 mph	Crow Creek Park, Bettendorf	Determined by riders	Saturday Morning Ride – Mid Paced Ride to Mc Causland
Sat Jul 5	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun Jul 6	8:00 AM	40+ miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by Riders	Sunday Morning Ride – Mid Paced Ride to Albany
Sun Jul 6	8:00 AM	30+miles 16+mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Tue Jul 8	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restau- rant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Jul 9	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Jul 10	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Jul 12	8:00 AM	20 miles 10-13 mph	Leach Park, 12 th St. Bettendorf by boat launch	Mike Mid- dlemiss (563) 650-3689	Saturday Morning Ride – Leisure Saturday Morning Ride – Ride to Buffalo for breakfast
Sat Jul 12	8:00 AM	45+ miles 14-16 mph	Colona Grade School, Colona, IL	Determined by riders	Saturday Morning Ride – Mid Paced Ride to Geneseo and Atkinson
Sat Jul 12	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun Jul 13	8:00 AM	40+ miles 14-16 mph	North Scott H.S., Eldridge IA	Determined by Riders	Sunday Morning Ride – Mid Paced Ride to DeWitt
Sun Jul 13	8:00 AM	30+miles 16+mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop

Check web site for updates and additions to ride schedule format. Last updated 6/18/08 Cont. Page 11

July 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Tue Jul 15	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restau- rant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Jul 16	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Jul 17	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Jul 19	8:00 AM	23 miles 10-13 mph	Hampton-Empire Park parking lot	Dodie Robers (309) 755-9197	Saturday Morning Ride – Leisure Circle ride from/to Hampton . A few hills.
Sat Jul 19	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Sat Jul 19	8:00 AM	40+ miles 14-16 mph	Clark's Landing Res- taurant, Buffalo, IA	Determined by Riders	Saturday Morning Ride – MidPaced Ride to Muscatine or Wilton
Sun Jul 20	8:00 AM	45+ miles 14-16 mph	City Park in Cordova, off Rte 84	Determined by Riders	Sunday Morning Ride – Mid Paced Ride to Hillsdale, Erie and Albany
Sun Jul 20	8:00 AM	30+miles 16+mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Tue Jul 22	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restau- rant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Jul 23	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Jul 24	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Jul 26	8:00 AM	45+ miles 14-16 mph	Orion High School Orion, IL	Determined by riders	Saturday Morning Ride – Mid Paced Ride to Bishop Hill
Sat Jul 26	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Sun Jul 27	8:00 AM	40+ miles 14-16 mph	Geneseo City Park Geneseo IL	Determined by Riders	Sunday Morning Ride – Mid Paced

Check web site for updates and additions to ride schedule format. Last updated 6/18/08 Cont. Page 12

July 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Sun Jul 27	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Tue Jul 29	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Jul 30	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Jul 31	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice

August 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Sat Aug 2	8:00 AM	20 miles 10-13 mph	Orion to Andover and back		Saturday Morning Ride – Leisure Ride from Orion via 135 th Ave to Andover. Snack there and return via 81 and a minor road thru Lynn Center
Sat Aug 2	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sat Aug 2	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun Aug 3	8:00 AM	40+ miles 14-16 mph	Geneseo City Park Geneseo IL	Determined by Riders	Sunday Morning Ride – Mid Paced Rider's Choice
Sun Aug 3	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Wed Aug 6	8:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Aug 7	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Aug 9	8:00 AM	26 miles 10-13 mph	Colona Grade School	Vivian Norton (563) 355-1899	Saturday Morning Ride – Leisure Ride from Colona to Geneseo for breakfast
Sat Aug 9				Joe Jamison (309) 755-6801	Metamora

Check web site for updates and additions to ride schedule format. Last updated 6/18/08 Cont. Page 13

August 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Sun Aug 10	8:00 AM	40+ miles 14-16 mph	Crow Creek Park, Bettendorf, IA	Determined by Riders	Sunday Morning Ride – Mid Paced Rider's Choice
Sun Aug 10	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Park- way, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Wed Aug 13	8:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Dav- enport	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Aug 14	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Com- bined Rider's choice
Sat Aug 16	8:00 AM	30+miles 16+mph	Note: Meet at Airport Park, In- dian Bluff Rd. Behind the Moline Airport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop

Check web site for updates and additions to ride schedule format. Last updated 6/18/08



Cycling with low back pain?

By Heath Treharne, D.C.

Ever wonder why low back discomfort eases up during mild cycling, then comes back when you start increasing miles or suspend activity for a period of time? It's basically a principle of motion. When the body is in motion, it's able to express life force more freely.

When that motion is stopped or over trained, it has the opposite effect, causing greater discomfort, tension and stress. Cycling is one of the greatest activities for creating core stability and cardiovascular strength. However, many people are limited in their performance and efficiency due to restrictions in their spine. Most don't even know their performance is lessened because it happened gradually over the years. Many believe it's just due to getting older. Get over that stinking thinking!

Many top performers in the cycling community utilize chiropractic care as part of their training. This doesn't mean getting snapped, cracked or prodded. It means, aligning the spine properly, allowing the body's biomechanics to work efficiently. Even Lance Armstrong sees the importance of chiropractic care. He said he could not have won the Tour de France without his chiropractor's help.

In the book, "The Art of Road Bike Maintenance," Lennard Zinn dedicates a chapter on a specific chiropractic technique that aids the balance and harmony of the human frame, improving hip motion and strengthening the spine. A study by the Florida Edge Human Performance Laboratory showed an increase in athletic performance by up to 5 percent by just aligning the spine with this procedure. Some QCBC members were part of the study. By creating a balance cadence in the cycling stroke, it increases the efficiency of the pedal stroke which gives you more energy down the road. What if you are a leisure rider? A balanced spine can have many benefits, other than increased performance. By taking care of your spine, which houses the communication pathway to 98 percent of your entire body, you will be healthier, happier, and more productive.

You owe it to yourself to make sure you're in balance from the top down. Call our office at (309) 786-8733 and find out how a NUCCA adjustment can bring more balance to your life. Although there are fewer than 300 NUCCA doctors in the USA, three are QCBC members. As always, be careful, be safe and enjoy the miles as you pedal through life.

Ride Classification:

Leisure Rides – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

Mid-Paced – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when re-grouping. Distances vary from 25 to 65 miles. These rides are offered in the schedule, April – October

Mid Paced (3 Hour Out & Back Rides) – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October

Fast Paced – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

Rider's Choice – the riding pace on these rides will vary depending upon who shows up. These rides are offered year round, throughout the schedule.

Welcome New QCBC Members!

- Kenneth Byrnes, Bettendorf, IA, 563-355-0482
- Ray Thompson, Bettendorf, IA, 563-650-5747
- Steve Campana, Davenport, IA, 563-349-5364
- Chap Cuthbert, Davenport, IA, 615-948-5615
- Jim Eigenberger, Davenport, IA, 563-355-0662
- Kevin Farrell, Davenport, IA, 563-355-4933
- Rita Brautigam, Coal Valley, IL, 309-799-7228
- Jeff Gaulrapp, Coal Valley, IL, 563-340-9793
- Raudy Fitzgerald, Moline, IL, 309-738-3517
- Carelton and Mary Scott, Moline, IL, 309-797-1770
- Dave and Neva Skinner, Moline, IL, 309-756-1144
- Ken Boquist, Rock Island, IL, 309-793-1740
- John Meade, Rock Island, IL, 309-786-1037
- Sarah Whipple, Rock Island, IL, 309-737-3985
- Pete Jarvis and Margaret Gardner, LeClaire, IA, 563-289-4176

Membership Type	memberships	members
Comp	20	20
Couple	181	362
Family	96	363
Individual	423	422
Life	4	7
Grand Total	724	1,174

MidPaced Ride Report

By Kathy Storm

The start of the June 21 ride was changed from the Ben Butterworth Parkway to the Boat Launch in Rapids City due to flooding. The low spots (McNeal's Reserve, Illiniwek Park and Ben Butterworth) were covered in water. Fourteen riders turned out. The sky was a little overcast and we kept our fingers crossed that it wouldn't rain during the ride. And we lucked out! The temperature got up to 80 degrees by noon and we had a nice northwest breeze. Our group split into two after a few miles—five went to Cordova/Albany (Dave & Ginny Alftine, Dick Grimm and two others) and the other nine rode to Geneseo where they met up with the Leisure Riders who had started from Colona. We all enjoyed breakfast at the Parkway restaurant in Geneseo. On the return trip to Rapids City, the MidPaced group made a quick beverage stop in Hillsdale at the small gas station across from the Fire House. What a nice surprise; a 20 oz bottle of Gatorade for \$1.09. We rode 48 miles and had a great time; exploring different roads, regrouping on turns. Our route included crossing the Rock and Green Rivers. Riders today who rode to Geneseo included: Gary Bowery, John (from Le Claire), Mark Haldeman, Marianne Schroeder, Kathy Storm, Ken Urban, Dave Weckel, Mike Wilcox and Dick Wolbers

May 31 Leisure Ride Report

By Jean Kelly

What a great deay for a leisure ridge. Mother Nature hasn't exactly cooperated when it comes to decent biking days. Eight cyclists—Dick Wolbers, Phil Schubbe, Joy Duex, Vivian Norton, Pete Jarvis, Sijke Schneider, Susan MacKinley and Jean Kelly—gathered at Walnut Grove in Scott County Park. We pedaled our appetites to the Sunrise Cafe in DeWitt. With some order confusion, it appeared Joy was going to still be there waiting for her meal. Onward we rolled to Utica Ridge and eventually the south entrance of Scott Co. Park to bike through the park to the north entrance and back to the parking lot. Dick had peeled off to add more miles for TOMRV training. It was a fun ride and enhanced with the appearance of first-timers Pete Jarvis and Sijke Schneider.

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type: Individual \$20/Year

Renewal Application

Couple \$20/Year

Date of Application _____

Family \$20/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____
(Incl. Area Code)

Email _____

NOTE: The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter. We have found that this encourages existing members to welcome new members into the club. If you would prefer that this information not be listed in the hard copy and online copy of the newsletter, please indicate here:

Membership in Other
Bicycling Organizations

League of Am.
Bicyclists

League of IL
Bicyclists

IA Bicycle Coalition

FORC

Please List ALL Names Including Under This Membership Below			Riding Interests	I Can Help With	
Names under this app.	Birthdate	M/F	<input type="checkbox"/> B/Triathlons	<input type="checkbox"/> Annual Dinner	<input type="checkbox"/> Picnics
			<input type="checkbox"/> Camping	<input type="checkbox"/> Computer Work	<input type="checkbox"/> Race Events
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Du-State-Du	<input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Heartland Century	<input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Membership	<input type="checkbox"/> Safety/Education
			<input type="checkbox"/> Racing	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Telephone Calling
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> QC Criterium	<input type="checkbox"/> TOMRV
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Packet Stuffing	
			<input type="checkbox"/> Touring	<input type="checkbox"/> Other	

*Single adult up to 22 years, using their parent's address as their primary address, may continue on their parents membership.

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club ride or other activity, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Liability Release—Signature Required

Individual Membership (self) _____ Date _____

Couple/Family Membership (self) _____ Date _____

Couple/Family Membership (spouse) _____ Date _____

Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.

Mail completed form and check to: QCBC, ATTN: Membership, PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to ensure delivery of the next month's newsletter. Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>

Last Revised 9/1/06

Quad Cities Bicycle Club
P.O. Box 3575
Davenport, IA 52808

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Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Coming Events

- - Sunday, July 13 - 40K Time Trial Championships
- July 20 – 26 - RAGBRAI
- Saturday, Aug. 9 - Metamora 4 X 50 Double Century
- Saturday, Sept. 13 - Heartland Century

Get out and Ride!

